



Curried Chickpea Patties & Fries

with Cherry Tomato-Cucumber Salad & Lime Yoghurt

Grab your Meal Kit with this symbol



Potato



Chickpeas



Carrot



Cucumber



Cherry Tomatoes



Coriander



Red Onion



Garlic



Caramelised Onion Chutney



Lime



Greek Yoghurt



Fine Breadcrumbs



Vegetable Stock



Mumbai Spice Blend



Chilli Flakes (Optional)

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**

Calorie Smart

Spicy (optional chilli flakes)

There's so much flavour packed in this nutritionally balanced meal - from the caramelised onion chutney to the Indian inspired spices - we promise you'll never look at veggie patties in the same way again!

Unfortunately, this week's lemon was in short supply, so we've replaced it with lime. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Egg, Plain Flour

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| chickpeas | 1 tin | 2 tins |
| carrot | 1 | 2 |
| cucumber | 1 | 2 |
| cherry tomatoes | 1 punnet | 2 punnets |
| coriander | 1 bag | 1 bag |
| red onion | ¼ | ½ |
| garlic | 2 cloves | 4 cloves |
| caramelised onion chutney | 1 packet (40g) | 2 packets (80g) |
| egg* | 1 | 2 |
| lime | ½ | 1 |
| Greek yoghurt | 1 packet (100g) | 1 packet (200g) |
| plain flour* | 1 tbs | 2 tbs |
| fine breadcrumbs | 1 packet | 2 packets |
| vegetable stock | 1 cube | 2 cubes |
| Mumbai spice blend | 1½ sachets | 3 sachets |
| salt* | ¼ tsp | ½ tsp |
| chilli flakes (optional) | pinch | pinch |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2572kJ (614Cal) | 336kJ (80Cal) |
| Protein (g) | 22.4g | 2.9g |
| Fat, total (g) | 17.2g | 2.2g |
| - saturated (g) | 3.5g | 0.5g |
| Carbohydrate (g) | 85.7g | 11.2g |
| - sugars (g) | 25.5g | 3.3g |
| Sodium (mg) | 1671mg | 218mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer and bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the fries are baking, drain and rinse the **chickpeas**. Grate the **carrot** (unpeeled). Finely chop the **cucumber**. Halve the **cherry tomatoes**. Roughly chop the **coriander**. Finely chop the **red onion** (see ingredients) and the **garlic**. Zest the **lime** to get a pinch, then slice into wedges.

TIP: If you don't like raw red onion, no need to prep it.



Make the chickpea patties

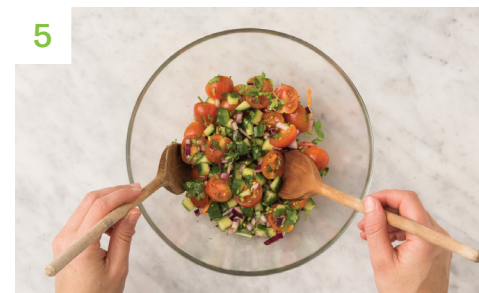
In a medium bowl, combine the drained **chickpeas**, **caramelised onion chutney** and **egg**. Mash with a potato masher until the **chickpeas** are broken up. Add the grated **carrot**, **garlic**, **plain flour**, **fine breadcrumbs**, crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people), **Mumbai spice blend** (see ingredients), the **salt**, a pinch of **chilli flakes** and 1/2 the **coriander**. Combine until the mixture is sticking together. Using damp hands, form 1/4 cup of the mixture into a ball, then flatten into a 1cm-thick patty. Repeat with the remaining mixture. You should get 3-4 patties per person.

TIP: Add a little more flour if the mixture is too wet.



Cook the patties

Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. When the oil is hot, cook the **chickpea patties**, in batches, until golden, **2-3 minutes** each side. Add more oil if needed to prevent sticking. Transfer to a paper towel-lined plate.



Make the salad

In a second medium bowl, combine the **cucumber**, **cherry tomatoes**, **red onion** (if using), the remaining **coriander**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Toss to coat. In a small bowl, combine the **Greek yoghurt**, **lime zest** and a squeeze of **lime juice**.



Serve up

Divide the curried chickpea patties, fries and salad between plates. Serve with the lime yoghurt and any remaining lime wedges.

Enjoy!